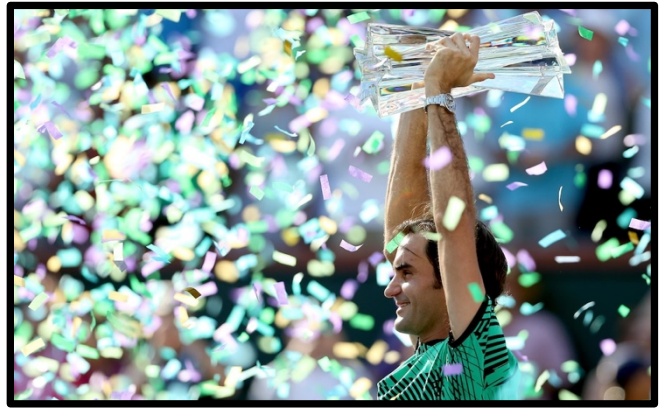


# POWA

## PERFORMANCE PROGRAM



The POWA Performance Player Program is designed as an individually tailored training program for competing players. Players will benefit from the amount of coaching that caters to their specific needs. The most recurring issue for developing players is that they can play well, although they aren't maximising their time throughout the week to get the extra parts needed to break through. Unlike regular coaching or academies, our program uses a 'Success Management Plan', which realistically designs the player's whole week so that their days are still structured even if they aren't being coached. The plan balances a heavy focus on tennis whilst achieving their other school/work requirements. POWA Performance Squad and Tournament Trips are all available. For Competing Juniors and Adults (ability depending, or those wanting to develop into a competitor). Enquire today if you are interested in maximising your potential.

**Scholarship Program:** POWA is looking to help support more tennis athletes to strengthen Australia's representation in the sport. We understand that tennis is very expensive to play full-time and that many families are balancing multiple sibling's sports. As of 2020, we are proud to announce the new scholarship program. POWA will offer to partially subsidise eligible players' training costs so that more money can be used to cover their extras, ie: travel, tournaments, stringing and remedial. Keen players who are not eligible may be offered a scholarship as they develop in the regular program (ie - start playing ITF, international ranking). Enquire for more information and eligibility.

**Current touring ATP/WTa players may be eligible for a full scholarship.**

## Performance Program Structure:

- Weekly private lessons & attention
- Timetabling
- Fitness
- Tournament and competition calendar
- Tournament/comp watching and match analysis
- Tournament trips
- Mentoring and nutritional planning
- Psychological and personal development
- Technical, tactical and biomechanical analysis
- Full holistic approach for thorough development

## Performance Squad Structure:

- Group warm up
- Physical conditioning (footwork, agility)
- Mental conditioning (dealing with competitive tennis effectively)
- Drills with increasing intensity till breaking point (stress testing)
- Players work on both strengths and weaknesses
- Individualised tactical or technical drills with video analysis
- Open drilling with point play, players get to deal with variance of styles
- Competition matches with ladder recorded over term
- Proper cool down, stretching
- Group dinner depending

# Enquire for Pricing and Eligibility

Stefan Woolley – Registered Club Professional Coach

Venues:

POWA Tennis Rowville –

Eildon Park Tennis Club, 69/75 Eildon Parade, Rowville VIC 3178

POWA Tennis Blackburn South -

Eckersley Tennis Club, 1 Eckersley Court, Blackburn South, 3130

M: 0404 226 713

E: [stefan@powatennis.com.au](mailto:stefan@powatennis.com.au)

W: [www.powatennis.com.au](http://www.powatennis.com.au)

Payment is invoiced to player's email.